



# FALL II 2014

## SPECIALTY CLASSES



### TRX SUSPENSION TRAINING

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

**Tuesdays 9:00 am with Beth C.**  
**Thursdays 9:30 am with Beth C.**  
**Wednesdays 6:30 pm with Monica**  
**Fridays 5:30 am with Beth H.**

### AQUA BOOTCAMP

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

**Tuesdays 9:00 am with Monica**

### FLOW YOGA IN THE WATER

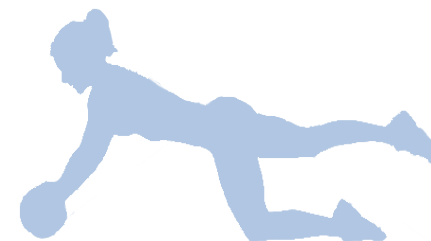
Come explore a new environment for practicing yoga - one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, in the water!

**Thursdays 9:00 am with Monica**

### FUNCTIONAL CORE TRAINING

Looking for a class to strengthen your core? Tired of sit ups and crunches? Try this new class focusing not only on the abdominal wall but all of the muscles that support the back, spine and pelvic muscles. Learn to activate all movement from your core in efforts to improve posture, athletic performance and prevent injuries. Class will focus mainly on body weight exercises, but can also use weights, balls & bands.

**Thursdays 5:30 pm with Kelli**



### VINYASA YOGA

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation. Lavender oil will be part of the relaxation experience at the end of the class.

**Saturdays 11:00 am - 12:30 pm**

**with Monica**

**Cost: Member \$90**  
**Non-Member \$108**